

产品说明书 | 安全注意事项
Product Manual | Safety precautions

1. 安装注意事项 Installation Precautions

本产品为非防水设计，应由专业人员安装在干燥、通风环境；请勿在户外以及雨水、雷电、沙尘、雾气、冰雪、冰雹、大风、高温闷热、低温等恶劣环境中使用本产品。避免造成产品损坏及身体伤害。

This product is non-waterproof design, should be installed by professionals in a dry, ventilated environment. Do not use this product outdoors and in rain, lightning, sand, dust, fog, snow, hail, wind, high temperature. Do not use this product in outdoor and rain, lightning, sand, dust, fog, snow, hail, wind, high temperature, sweltering heat, low temperature and other bad male environment. Avoid overflow into product damage and bodily injury.

2. 拉绳注意事项 Cord Precautions

使用前，请检查拉绳及拉绳衔接快拆接口安装是否牢固，有无出现破损情况，避免滑脱造成事故伤害。当拉绳完全抽出时，请勿继续牵拉。

Please check the rope and the rope before use to see if the quick release interface is firmly installed, there is no breakage, to avoid slipping off and causing accidents and injuries. When the rope is completely withdrawn, please do not continue to pull!

3. 力臂注意事项 Precautions for the force arm

使用前，请先长按镜体两侧方向按钮，将力臂调节至合适位置后，松开方向按钮，检查力臂是否牢固，有无弯折或裂痕。

Please press the direction buttons on both sides of the mirror to adjust the force arm to a suitable position before use. Release the directional buttons and check if the arm is firm and has no bends or cracks.

请勿在力臂上倚靠或悬挂重物，请确保未成年人在不力四周戏打闹。

Please do not lean or hang heavy objects on the force arm, please ensure that minors do not play around the force arm.

4. 电机注意事项 Motor Precautions

使用时，若出现焦味，或在进行阻力训练时，感觉拉出拉绳存在顿挫感或不顺畅时，请立即停止使用，并与IM-BODY客服联系。

If there is a burning smell when using the motor, or if you feel that there is a stuttering feeling or something is not smooth when pulling out the rope during resistance training, please stop using the motor immediately.

5. 使用注意事项 Precautions for use

使用前，请确保本产品周围无杂物、重物、可能倒塌的物体及其他可能影响本产品稳定安装或损坏屏幕镜面的物体。

Please make sure that there are no debris, heavy objects, objects that may collapse and other objects that may affect the stable installation of the product or damage the mirror of the screen before use.

请避免任何物体或任何外力撞击、击打、压迫、划刻本产品的镜面屏幕，避免镜面屏幕受力破损碎裂。请确保未成年人在不在本产品周边玩耍、打闹、追逐、跑跳，使用剪刀等锋利物体剪断拉绳，及以任何方法推拽、碰触、拉扯、撞击本产品，避免造成未成年人受伤及本产品的损坏。

Please avoid any object or any external force impact, hit, pressure, scratching the product's mirror screen, to avoid the mirror screen breakage and cracking by force.

请确保家中的宠物不在本产品周边玩耍、追逐、跑跳、玩闹以及以任何方法碰触、撕咬、撞击本产品，避免造成本产品的损坏。

Please make sure that your pets do not play in the vicinity of the product, chasing, running, jumping, using scissors and other sharp objects to cut the stretcher, and any method of pushing, pulling, touching, pulling, bumping the product, to avoid causina injuries to minors and damage to the product.

Please make sure that your pets do not play in the vicinity of the product, chasing, running, jumping, playing, and in any way touching, biting, impactina the product, to avoid causing damage to the product.

6. 电源注意事项 Power Precautions

请勿向本产品泼水，防止本产品的电源插孔、镜面、框架与力臂的空隙进水，避免出现短路或其他损坏。

Please do not splash water on this product to prevent the product's power jack, mirror, frame and the force arm of the empty vendors into the water, to avoid short-circuit or other damage.

遇到雷雨天气，请将电源插头拔出，避免造成设备损坏。

Please pull out the power plug to avoid damage to the device in the event of a thunderstorm.

在使用过程中，如出现异味、杂音或其他异常使用现象，请立即关闭电源并拔出插头。

Please turn off the power and pull out the plug immediately if there is any odor, noise or other abnormal use phenomenon during the use process.

请确保使用的插座是经国家安全认证的合格产品，防止电源插座处于超负荷状态。

Please make sure that the socket used is a qualified product certified by the National Safety Certification, to prevent the power socket from being overload-ed.

请确保使用本产品的原装电源线，切勿使用其他品牌的电源设备为本产品供电。

Please make sure to use the original power cord of this product, do not use other brands of power supply equipment to power this product.

使用本产品时，请远离手机基站，大功率发射设备等高电磁干扰的环境。

Please keep away from cell phone base stations, high-power transmitters and other high-electromagnetic interference environments when using this product.

产品说明书 | 不适宜人群
Product Manual | Special Attention to People

不适宜人群 Special Attention to People

如有以下情况，请先向医生咨询你是否适合使用本产品进行相关课程训：

孕妇；

65周岁以上老人；

正在服用药物的人士；

患有任何慢性疾病或机体损伤，包括但不限于：高血压、心脏病、脑梗、脑供血不足及其他心脑血管疾病、糖尿病、低血糖、痛风及其他新陈代谢类疾病；

哮喘及其他呼吸系统疾病或其他任何慢性疾病肌肉、韧带损伤、筋膜膜损伤、关节炎及损伤、结缔组织病、软组织损伤及其他骨科伤病或任何急慢性机体损伤(包括在其恢复期)肢体协调功能障碍，中枢神经或外周血管及神经疾病、其他不适合运动的疾病及情况。

未成年人需在监护人陪同下使用本产品。

其他不具备完全民事行为能力的人士不适宜使用本产品围产期(怀孕28周到产后一周)女性不适宜使用本产品疲劳、饮酒、高强度工作后、作息不规律、身体不适等情况下禁止使用本产品。

请勿在高温或闷热环境中使用本产品，避免出现中暑或其他身体伤害。

在使用本产品的过程中，建议佩戴有效心率监测设备，实时监测心率变化确保运动强度在自身可承受的范围内。

请注意控制运动的时长、强度、次数和频率，避免超过自身负荷能力进行长时间、大强度、高频次的运动，避免出现运动损伤。运动过程中，一旦出现胸闷、头晕、身体某些部位明显疼痛等其他任何不适，请立即停止运动，及时就医。

If you have any of the following conditions, please consult your doctor about the suitability of using this product for the relevant training program:

Pregnant women;

Elderly people over 65 years old;

People who are taking medication;

Suffering from any chronic diseases or physical injuries, including but not limited to:

Hypertension, heart disease, cerebral infarction, cerebral insufficiency and other cardiovascular diseases Diabetes, hypoglycemia, gout and other metabolic diseases;

Asthma and other respiratory diseases or any other chronic diseases;

Muscle, ligament injuries, myofascial injuries, joint inflammation and injuries, connective tissue disease soft tissue injuries and other orthopedic injuries or any acute and chronic organic injuries (including during their recovery period); Dysfunctional coordination of the limbs, central or peripheral vascular and neurological disorders;

Other unsuitable diseases and conditions.

Underage youth must be accompanied by a supervisor when using the product.

Other persons who do not have full capacity for civil behavior are not suitable to use this product.

Not suitable for women during the prenatal period (from 28 weeks of pregnancy to one week after delivery).

Do not use this product if you are fatigued, under the influence of alcohol, after intense work, after an irregular work routine, or if you are not feeling well. Do not use this product in a hot or stuffy environment to avoid heat stroke or other bodily injury.

In the process of using this product, it is recommended to wear an effective heart rate monitoring device, real-time monitoring of heart rate changes, to ensure that the intensity of exercise within their own tolerance.

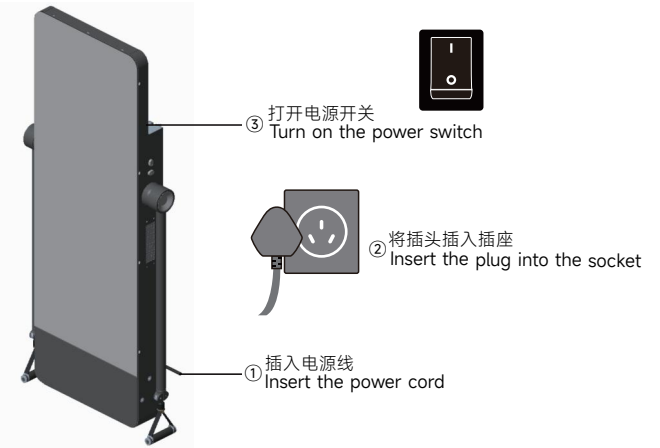
Please pay attention to control the duration, intensity, number and frequency of exercise, and avoid prolonged, intense and high-frequency exercise that exceeds your own loading capacity, so as to avoid sports injuries. In the course of exercise, once chest tightness, dizziness, pain in some parts of the body and any other discomfort, please stop exercising immediately and consult a doctor for immediate treatment.

产品说明书 | 使用说明
Product Manual | Use Manual

1. 开机 Power on

插入电源线，将插头插入插座，打开电源开关。

Insert the power cord, plug into the socket, turn on the power switch.



2. 手环电池安装 Installation of handle battery

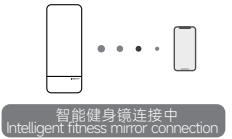
使用螺丝刀旋开两个拉环金属盖，分别装入2节7号电池(请确保2节电池均为正极向上)后拧紧，按另一侧后盖按钮，出现蓝光即表示电池安装正确。

Use a screwdriver to unscrew the metal cover of the two pull handles, insert two AAA batteries respectively (please make sure that the two batteries are positive upwards) and then screw it, press the button on the other side of the back cover, the blue light means that the batteries are installed properly.

3. 登录使用 Login

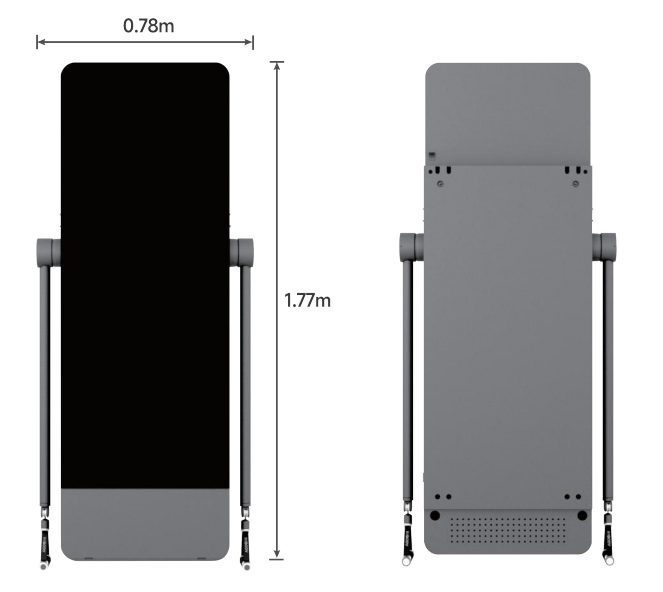
根据镜体指引设置WIFI，首次登录请先按照指引设置个人参数，然后进入镜体首页选择感兴趣的课程开始训练。

Set up WFI by following the guideline of the mirror. Upon your initial login, kindly adhere to the provided guidelines to configure your personal information. and then go to the home page of the mirror to choose the course you are interested in to start training.



产品说明书 | 产品参数及配件

Product Manual | Product Parameters and Accessories



机身尺寸	高 1.77m * 宽 0.6m(含力臂关节0.78m) * 厚 0.16m		
高清屏幕	43英寸 1080P		
力臂	支持横向2档调节		
	支持7档调节		
镜面工艺	防爆、防指纹高反射镜面		
	高保真立体环绕音响		
电机	双750W伺服电机		
传感器	高分辨率编码器		
	温度传感器		
	电流传感器		
	防脱传感器		
无线	WiFi:2.4G/5G双频段双通道		
	蓝牙: 5.0无线技术		
存储	64GB eMMC		
额定电压	220VAC 50/60HZ		

Overall Dimension	1770*600*160mm (width 780mm with arms)		
Display System	43 "HD Multi-Touch Screen		
Arm	Support 2 horizontal rotation adjustments		
	Support 7 gear vertical adjustments		
Mirror surface craft	Explosion-proof Fingerproof Highly reflective mirror surface		
Audio System	High-fidelity stereo surround sound 2.1-channel audio		
Electric Motor	Bilateral 750W servo motor		
Sensors	High-resolution encoders		
	Temperature sensors		
	Current sensors		
	Anti-disengagement sensors		
Wireless	WiFi: 2.4G/5G dual band dual channel Bluetooth: 5G wireless technology		
Storage	64GB eMMC		
Rated Voltage	220VAC 50/60HZ		



力臂加横杆、划船短杆、蓝牙控制器、健身椅、两头绳、划船椅、腿环等实体配件组合，解锁史密斯、划船机、滑雪机、龙门架、杠铃/哑铃等多种力量器械功能，带来沉浸式力量训练体验。

The integration of physical accessories,including the force arm with crossbar, short rowing bar, Bluetooth controller, fitness chair, dual-ended rope, rowing seat, leg loops, and others, enables the functionality of various strenath training equipment such as Smith machines, rowing machines, ski trainers, power racks, and barbells/dumbbells delivering an immersive strength training experience.

产品说明书 | 产品维护

Product Manual | Product Maintenance

产品维护及保养

Product Care and Maintenance

请勿随意使用含有化学物质的溶液擦拭产品表面，避免造成对产品外表的永久性损坏。

若有清洁需求，可在关机断电后用干净柔软的干棉布对产品表面进行适当清洁维护，但需避免反复用力擦拭。

若本产品出现进水情况，请勿直接使用吹风机热风模式对相应部件进行直吹加热。请勿自行拆装本产品，避免造成产品损坏及人体伤害，导致你所享有的产品保修服务失效。

其他：

体内安有心脏起搏器、除颤器或其他医疗设备的用户，请咨询您的医生，确认是否可以使用本产品从事有关运动和训练。本产品内含的部分元件和无线电会发射电磁场，这些电磁场可能会干扰心脏起搏器、除颤器或其他医疗设备。如你的医生认为你可以使用本产品从事有关运动和训练，请在医疗设备和产品之间保持安全的距离，并请进一步咨询你的医师和医疗设备制造商以获得特定于你的医疗设备的信息。如果怀疑本产品正在干扰你的心脏起搏器、除颤器或者任何其他医疗设备，请立即停止使用。

请勿拆下后盖，产品内部的调整和检查应由专业人员进行，不得使用非原厂配件擅自进行维护和替换。

请勿改装本产品，或将本产品用于非原设计用途。

请勿擅自通过任何方式对本产品的软件进行反编译、修改和不恰当的升级。

请勿掩盖或阻塞机体背后散热孔，以免妨碍机体散热。

请勿将锐利物体、金属触碰信号接头伸入散热孔内，以免引起电路短路造成产品短路损坏或发生触电危险。

Please do not wipe the surface of the product with chemical substances to avoid permanent damage to the appearance of the product.

Please do not repeatedly wipe the mirror surface with force. If there is a cleaning need, use a neat, soft, dry cotton cloth and clean the mirror surface after the power is turned off.

Please do not directly use the hair dryer in hot air mode to heat up the corresponding parts, if the product has water ingress situation.

Please do not disassemble the product by yourself, to avoid product damage and human injury, resulting in the voiding of the warranty for the product you are entitled to.

Please do not remove the back cover, the internal adjustment and inspection of the product should be carried out by professionals, do not use the non-genuine accessories for maintenance and replacement without authorization.

Please do not modify the product or use the product for purposes other than those for which it was designed.

Please do not decompile, modify or improperly upgrade the software of this product by any unauthorized methods.

Please do not cover or block the heat dissipation holes on the back of the unit to avoid hindering the heat dissipation of the product.

Please do not insert sharp objects or metal touching signal connectors into the heat dissipation holes, so as not to cause circuit short-circuiting, resulting in short-circuit damage to the product or the risk of electric shock.

PRODUCT MANUAL

产品说明书

FCC

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment

***RF warning for Mobile device:**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.